

Whole Body Decisions™: Synthesizing Brain, Heart & Gut

A Sixth Sense for Project Management® Program

A 4 PDU Online Session

Overview

You will face many decisions during your projects and initiatives. Decisions are made using more than just rational thought. Science has also discovered decisions involve emotions: your emotions, your teams' emotions. Your "gut instincts" and non-verbal cues also have influence. This course will help you use your entire body – your mind, your heart, and your gut – to make better, more timely, and more deliberate decisions, which will increase the likelihood of your success.

Objectives

Combining our real-world experience with the latest research in this unique course, you will develop A *Sixth Sense for Project Management®* for making decisions:

- ▽ Develop the skills to make Whole Body Decisions™
- ▽ Understand the fundamental concepts of making Whole Body Decisions™
- ▽ Learn the 8 basic steps to make decisions using all of the body's capabilities - Brain, Heart and Gut

Benefits

By using the take-away skills from this course, you will be able to immediately:

- ▽ Make better, more timely, and conscious decisions by using an 8-step process
- ▽ Avert potential blockers by being more aware and in tune with your mind, heart and gut
- ▽ Tap into your team and your emotions to make decisions more comprehensively and deliberately
- ▽ Positively impact your project success and personal growth

Program Overview



Using all of your body's capabilities, you will be able to make better, more timely, and more deliberate decisions using our adaptable 8-step process:

- Acknowledge that a decision has to be made
- Identify the desired outcomes
- Identify the possible choices
- Determine who will be part of the process
- Identify sources of information
- Document the decision making criteria
- Evaluate
- Decide!

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Course Details

Duration: 4 Hours

Credits: 4 PDUs

Method: Online, on-demand, pre-recorded course. Self-administered exercises, surveys, and examples designed to increase your skills.

Seminar Structure: Take the course at your own pace. Start and pause/ stop course for a 30 day window from date of purchase. Course slides and handbook will be furnished to you.

For Registration & Price: Refer to [website](#) for latest course information, pricing & registration.

Technical Requirements: A stable high speed internet connection is recommended, since course will be delivered online. Further tech requirements are available on the [website](#).

Course Feedback

"The Whole Body Decisions on-line course was terrific. With my busy schedule, it was the perfect solution. The guide ... was very helpful and will be useful as a reference document moving forward... I found the pace of the narrative to be comfortable and the information well organized throughout the slides. The homework assignments helped to pull all the concepts together. I would definitely recommend this on-line course to others."

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